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N ACETYL CYCSTEINE

What is N-acetyl cysteine?

- N-acetyl cysteine is an oral medication and antioxidant. It is available over the counter and sold in health food stores

How is N-acetyl cysteine prescribed?

- The dose is 600 mg per day for 2 weeks and then increased to 1200 mg per day after the 2 weeks for another 4 weeks.
- If no improvement is noted, NAC is increased to 600 mg three times per day and then 1200 mg twice daily

Who should not use N-acetyl cysteine?

- Women who are pregnant should not use N-acetyl cysteine. A reliable form of contraception (birth control) should be used. However, it is not thought that NAC is harmful in pregnancy (class B)
- Those with a history of seizures
- Those who are physically unwell
- Those with heart attacks
- Those with thoughts of suicide, those with bipolar disorder or schizophrenia or those with substance abuse disorders (alcohol)
- Those with asthma or those with liver disease

What side effects are possible with N-acetyl cysteine?

- Side effects are rare. Reports of side effects have included drowsiness, runny nose, coughing and kidney stones.

What side effects should prompt me to STOP N-acetyl cysteine and get medical advice?

- Stop taking N-acetyl cysteine and get medical help if you develop a rash, hives, shortness of breath, swelling in the lips or feel unwell
- Stop if you have any concerns at all

What tests should I have when I am on this medication?

none